



'My boyfriend knifed me when I wouldn't swing'

Gail: 'Why my marriage had to end' **EXCLUSIVE!**

THE MODERN WOMEN'S WEEKLY

26 FEBRUARY - 4 MARCH 2005 £1.00 (CANARY ISLANDS & SPAIN £2.95)

Closer



EXCLUSIVE

WHY CHRIS' NEW GIRL MADE BILLIE CRY



EXCLUSIVE!

LONELY GERI'S

DISASTROUS



New hunk!

DATES

GET A HOT BIKINI BODY!

7 DIET TRICKS LIZ SWEARS BY

ISSUE 124





Kate Winslet knows the importance of a flat tummy on a big night



Angelina Jolie works that luscious pout



Julia Roberts flashes the whitest of smiles



Scarlett Johansson shows off her radiant skin (well, she is only 20...)



Sandra Bullock looks fabulous at 40

COLONIC IRRIGATION

Fans claim it cleanses their system, purifies their skin and reduces stomach bloating - crucial for squeezing into tiny frocks. It involves lots of warm water, and it's not for the easily embarrassed. Cost: £65.



FAKE IT: No need for hoses in intimate places - you can self-detox with **Oxy Powder**, £29.95 (call 01428 642266 for mail order). It's a colon cleanser that helps get rid of unwanted waste and toxins that build up in your body. A word of warning, though: it's best to take over a weekend when you're near a loo!

BLEPHAROPLASTY

For celebs with excess eye baggage, this is a quick remedy for droopy bags and lids. Excess skin fat is removed, giving the impression of eight hours' sleep every night. Cost: £1,500-£2,500.

FAKE IT: **Gatineau's DefiLift 3D Eye Contour Lift**, £39 (call 0800 731 5805 for stockists), contains Botufix, a plant protein complex that firms and supports the fragile eye area for an immediate lifting effect. Or try **L'Oréal Paris Wrinkle Decrease Eye**, £12.99, which contains the plant extract Boswelox to smooth skin.



EYEBROW LIFT

Stars of a certain age who want to iron out frown lines and mild brow droop are going for an eyebrow lift, which involves making small incisions in the scalp, just behind the hairline, so skin can be pinched and lifted. Cost: £1,800.

FAKE IT: The right eyebrow shape can really define your face and make you look years younger. Sensitive pruned brows will leave your face looking fresh and polished.

To achieve the perfect arch, try **Shavata's Eyebrow Perfection**, £18, from Marks & Spencer. This kit includes stencils, a brow pencil and slant-edged tweezers for expert, precision plucking.



MICRODERMABRASION

Microdermabrasion is the third most popular cosmetic treatment in the States, after Botox and collagen implants. The skin is blasted with a spray of aluminium-oxide micro-crystals,

leaving it plumped up and beautifully soft to the touch. Cost: £55.



FAKE IT: **L'Oréal Refinish**, £15, is an at-home microdermabrasion kit that leaves your skin softer and more radiant. Massage in the Resurfacing Exfoliator, then follow with the Post-Treatment Moisturiser.

LIP IMPLANTS

The stars all want to be air-kissing with full, plump lips. To get the effect, they inflate their Cupid's bows with injections of collagen and fillers. Cost: £1,000-£2,000.

FAKE IT: **Helena Rubinstein Collagenist Lip Zoom**, £19, is an intense re-plumping, anti-wrinkle lip balm that aims to deliver a more sensual pout instantly. You could also try **Skin Wisdom Instant Benefits Plumping Lip Gloss**, £6, from Tesco, which contains chili extract to plump, cranberry seed oil to moisturise and light-reflecting particles to give lips a sexy sheen.

